Psoriasis Complications

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Preventing Possible Psoriasis Complications

Many people don't realize just how complex psoriasis is. Controlling psoriasis and preventing complications due to the disease requires multiple strategies. Although psoriasis is generally considered to be incurable, it can be well-controlled in most people, making complications less likely. A holistic plan is the most effective way to achieve this.

There are several possible psoriasis complications to be aware of. Firstly, skin lesions may become infected, painful, and sore. Itching may precipitate irritability, and disturb sleep, and self-esteem may be damaged if lesions are large or in prominent places.

Additionally, it is estimated that between 10 and 30% of people who have psoriasis develop psoriatic arthritis. Sometimes skin lesions appear prior to the joint changes, but other times the joint issues occur first.

The hips, pelvis, hands, and feet may be affected. Tendonitis may occur, and the heart, eyes, skin, and mucus membrane may be affected as well. Uric acid levels are generally high, creating symptoms of gout

People who suffer from psoriatic arthritis are more likely to develop spondylitis, an inflammation of one or more bones in the spine. Approximately one out of five individuals who have psoriatic arthritis develop spondylitis.

While injections of gold may provide temporary joint relief, the potent drug methotrexate is generally used to provide lasting relief and slow down the progression of the disease. Most cases of psoriatic arthritis are intermittent and mild; however severe, widespread joint damage is possible for a small percentage of individuals. This condition is known as psoriatic arthritis mutilans.

Living with Psoriatic Arthritis or Spondylitis

Medical treatments can be prescribed by your health care provider. You can improve the health of your entire body by using the following strategies:

- Think before you move. For example, use your leg muscles instead of your back while lifting.
- Move every day. Swimming, walking and yoga improve the health of your entire body without jarring or straining your joints. Be sure to find an activity that you enjoy so that you will stick with it.
- Apply warm or cool packs to sore joints. Usually cold packs are used for the first 24 hours followed by warm packs. Apply them for 15-20 minutes at a time.
- Alternate periods of activity with rest.

Next page: diet, herbs and supplements to help prevent complications.

Preventing Psoriasis Complications Through Diet

Your diet can have major impacts on your skin, joints, and immune system. Here are some dietary approaches which can enhance your level of wellness and prevent complications associated with psoriasis.

- **Drink plenty of fluids.** Avoid caffeinated beverages and alcohol as they dehydrate the skin.
- **Eat foods rich in omega fatty acids.** Flax seeds, hempseeds, and cold deep water fish such as mackerel, sardines, herring, and salmon should be consumed regularly in order to reduce inflammation.
- **Eat whole grains.** Whole grains to provide your skin with B vitamins which are needed for healing. The B vitamins improve the texture of skin, and help the skin cells to repair themselves.
- **Raw nuts and seeds should be consumed once or twice daily.** They contain zinc, a nutrient which destroys bacteria and improves oil production in the skin. They are also a good source of the anti-inflammatory, antioxidant vitamin E.
- **Fill up on fresh fruits and vegetables.** These provide plant compounds which support immune health, enhance the skin's ability to repair itself, and provide hydration. Garlic and onions are especially helpful. They help protect your skin from damage caused by the sun and air pollution. Vegetables in the cabbage family aid detoxification.
- **Include fermented foods in your diet every day.** Fermented foods improve the health of the intestinal tract. As a result your immune system functions better. This can aid the elimination of toxins which cause complications of psoriasis. Sauerkraut, yogurt, miso, and kefir are excellent choices.
- Avoid processed foods, especially sugars.
- Other than nuts, and healthy fish, limit your intake of fats.
- Maintain a healthy weight.
- Consider trying a gluten free diet to see how your body responds to it.

Preventing Psoriasis Complications with Herbs and Supplements

Herbs and supplements can provide symptom relief and support your health so that complications of psoriasis do not develop. Check with your health care provider before starting to use herbs and supplements. Here are some of the most effective supplements and herbs to try.

- Burdock, dandelion, and yellow dock root support the health of your liver, skin, and digestive tract. As a result your immune system functions well, and the health of your skin may improve. Burdock may be consumed as the food gobo. If not, you may take a tea or extract. Dandelion root may be taken as a tea or extract. Yellow dock root is very bitter, so the extract is best. These herbal remedies must be taken consistently for best results.
- Itching and subsequent irritability is due to your body's release of histamines. Drinking herbal teas which are calming may provide you with comfort. Try chamomile, red clover, chickweed, passionflower, or lavender. Calendula, lemon balm, kudzu, and oat straw are excellent choices too. Drink them individually or in combination. I recommend that they be taken at room temperature for maximum benefit. To make an herbal tea, simply cover one teaspoon of dried herb or one tablespoonful of the fresh herb with one cupful of boiling water. Cover the container. Let the herb infuse for twenty minutes. Strain out the herb and drink the relaxing tea.
- Here is a topical remedy which you can make and apply to lesions. Add one drop of essential oil of chamomile or five drops of lavender essential oil to thirty milliliters of evening primrose seed or borage seed oil. Apply the blend to skin lesions twice daily.

Modern research and understanding of psoriasis and its potential complications is making it possible to understand and treat these conditions more effectively. Stay informed; implement some of the tips listed here; and you will attain, and maintain a healthy level of well-being.